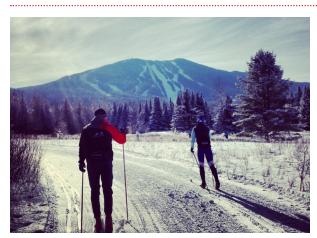
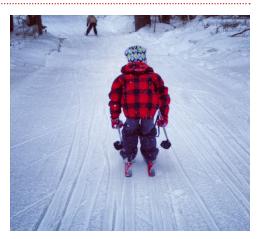


NORDIC MIDWEEK TRAINING







Join us for these free training sessions, all winter long!

Head Coach Kate Barton and BMA Nordic will host free training sessions for any local athlete who is interested in getting in an extra cardio session during the winter, learning some Nordic technique, or experiencing BMA Nordic training firsthand. These sessions will include the Alpine Junior Weekday program athletes.

Everyone is welcome!

WHEN Wednesdays, 3:30 to 4:30/5 p.m.

WHERE BMA Soccer Field

WHO Middle/High School Athletes

WHAT Nordic Skiing, for all Ability Levels

Please contact Kate Barton: kbarton@burkemtnacademy.org for more information